

[Exodus 14:19-31](#)

[Psalm 114](#)

[Romans 14:1-12](#)

[Matthew 18:21-35](#)



St. Matthew's Cathedral eNews

Christ + Compassion + Community

From the 'Dean

Attaboy

*I will sing to the LORD, for he has triumphed gloriously;
horse and rider he has thrown into the sea.*

--Exodus 15:1

DON'T WE REALLY APPRECIATE IT when someone encourages us? Last Sunday, someone came up to me and gave me what she called "an 'attaboy.'" She talked of the energy and excitement around the Cathedral, all the children and young families they are seeing, the improvements to the buildings, and she just wanted me to know how much she appreciated me (as well as what she saw the Lord doing).

Then she said, "We all need an 'attaboy from time to time."

Isn't that true. We all need an 'attaboy from time to time.

The reading from Exodus 15 is the beginning of Miriam's 'Attaboy to God. In a sense, isn't that what worship is? Thanking God for the many great things he has done and for who he is.

Find somebody this week and give them an 'attaboy.